

Indiana Governor's Council  
for Physical Fitness and Sports

Peyton Manning, Honorary Chair  
George McGinnis, Chair  
Lyn St. James, Vice Chair

*For more information on the  
Governor's Fitness Award  
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[www.INShape.in.gov](http://www.INShape.in.gov)

Governor's Fitness Award  
2008-2009

*Teacher's Edition*



Governor Mitchell E. Daniels, Jr.

*~ Notes ~*

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STATE OF INDIANA  
OFFICE OF THE GOVERNOR  
State House, Second Floor  
Indianapolis, Indiana 46204

Mitchell E. Daniels, Jr.  
Governor

Dear Participant:

Congratulations on your decision to participate in the Governor's Fitness Award program. As Governor, I know firsthand the impact healthy living can have on personal success. Physical activity is a regular part of my life and contributes to my ability to effectively lead our state.

Whatever your aspirations are, becoming more active will surely move you more swiftly toward success. You are laying the framework for healthy habits that will serve you for the rest of your life. By choosing to incorporate physical activity into your day, you are significantly decreasing your chances of developing a host of diseases and conditions that affect your long term quality of life.

For the next nine weeks you will be challenged to follow through with your personal fitness goals. In addition to regular physical activity, your body needs good nutrition and a lifestyle free of drugs and alcohol. I ask you to commit to eating a balanced diet and to avoiding harmful substances.

I hope that you find this program rewarding. It is designed to acknowledge your dedication to being active and to challenge you to become a healthier student. I wish you the best in your efforts.

Sincerely,

A handwritten signature in black ink that reads "Mitch Daniels".

Mitchell E. Daniels, Jr.  
Governor



STATE OF INDIANA  
OFFICE OF THE FIRST LADY  
4750 N. Meridian St.  
Indianapolis, Indiana 46208

Cheri Daniels  
*First Lady*

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### **A Message from Cheri Daniels, First Lady of Indiana**

Exercise should be fun! You don't have to belong to a gym or have expensive equipment to keep in shape.

As for how I get my exercise each week, I try to keep it simple and spice it up with a little variety.

I try to go for a brisk walk and/or jog five times a week. Sometimes I just walk in the neighborhood and sometimes I go to a park. I also enjoy doing Jazzercise.

I have a pedometer and try to walk 10,000 steps each day. When the weather is nice, my daughter Melissa and I like to play tennis.

To strengthen my muscles and my bones, I lift weights 2-3 times a week. Most of the time, I use simple hand weights or do push-ups. These are things you can do while you watch your favorite TV show!

The most important thing is to do at least 20-30 minutes of activity each day. Choose the exercise that you enjoy most... jumping rope, running, sports, skipping... anything that gets you moving.

Think of exercise as a gift you give yourself; a gift that will make you stronger and healthier. Make it part of each day and you'll find you have more energy to enjoy the things you love.

Being healthy not only makes you look and feel better, but can help improve your concentration for your school work.

Exercise is truly the gift that keeps on giving. So get up off that couch and get moving! You're worth it!

INShape Indiana and the Governor's Council for Physical Fitness and Sports would like to thank you for your participation in this years Governor's Fitness Award program. You have taken the first steps to living an active and healthy lifestyle. Good work on making Indiana a healthier state.



## *Healthy Smart Snacking*

Snacks are the little meals you eat between breakfast, lunch, and dinner that supplement your diet. They should never replace regular meals. Snacks from the five food groups provide a good balance of energy and nutrients and are particularly important to people who exercise frequently or are very active.

You should only eat on a moderate basis snacks that are high in saturated fats, salt, or sugar. Snacks such as chips, ice cream, donuts, candy, and sodas do not provide many essential nutrients.

Below are some suggestions for health smart snacking:

- Layer your favorite fruit and yogurt in a glass or bowl to make a great tasting parfait.
- Make a yogurt pop by mixing plain yogurt and fruit juice and freezing it.
- Blend milk with any fresh fruit for a fun fruit shake.
- Slide chunks of fruit or vegetables on to toothpicks to make miniature kabobs. Make crowded canoes by stuffing celery sticks with peanut butter or cream cheese and topping them with raisins.
- Put a stick through a banana, roll it in nuts, and freeze it.
- Make your own trail mix by combining dry cereal, pretzels, nuts, and dried fruit.
- Lightly season popcorn with garlic or chili powder, grated cheese, or your favorite spice.

## **The Governor's Council for Physical Fitness and Sports**

The Governor's Council for Physical Fitness and Sports is an agency of state government, created through the executive order of Governor Daniels. The Council itself is made up of 21 outstanding members of the community who are appointed by the Governor. Members include Peyton Manning, Honorary Chair; George McGinnis, Chair; and Lyn St. James, Vice Chair. The purpose of the Council is to coordinate and promote public and private efforts in health, physical fitness, and sports in order to encourage healthy lifestyles for children and adults in Indiana.

The primary initiative of the Council is INShape Indiana. INShape Indiana is an online program developed to provide Hoosiers with the resources needed to cultivate a healthy life-style. While INShape Indiana promotes many events throughout the year, the Governor's Fitness Award program is designed to set basic fitness standards specifically for school age youth. The Governor's Fitness Award is intended to motivate Hoosier youth to develop habits that will contribute to a long healthy life. A lack of physical activity, poor food choices and tobacco use all lead to a host of diseases and conditions which the Council hopes to prevent through its promotion of fun family activity.

## Indiana Fever Fitness Clinics

Each year, two schools are chosen to receive a fitness clinic put on by the WNBA's Indiana Fever. Two schools, one north of I-70 and one south of I-70, with the highest participation and completion rates based on total enrollment in grades 1-12, are awarded the clinic.

In the case of a tie, the following criteria will be applied in order to determine the winner:

- Percentage of total enrollment successfully completing the program. (highest)
- Number of past Indiana Fever clinics. (lowest)
- Total number of student completing the program. (highest)
- Proximity to the State House. (lowest)

In order for a school to be eligible for the Indiana Fever fitness clinics, the program must be completed and reported to the Council by December 31, 2009.



## Calorie Information

You get calories from the food you eat and your body is constantly burning calories for energy. The more active a person you are, the more energy you burn. Caloric intake should consist of 50 to 55 percent carbohydrates, 10 to 15 percent proteins, and 30 to 35 percent fat. Also, you should drink water throughout the day because it transports nutrients, releases body toxins, and cools the body. Drink water whenever your energy output increases.

The calorie table below, based on a person who weighs 143 pounds, shows how many calories are burned by certain physical activities. The more a person weighs, the less time it will take to burn the energy, and vice versa. To gain weight, take in more calories than you expend. To maintain your weight, your calorie input and output must be equal. To lose weight, take in fewer calories than you expend. You can lose weight by exercising more and lowering your caloric intake. This does not mean that you have to eat less, but rather eat more foods that are low in calories.

You would have to ? To burn the energy from ?	Lie down for ? minutes	Study for ? minutes	Bicycle for ? minutes	Walk for ? minutes	Play tennis for ? minutes	Swim for ? minutes	Play football for ? minutes	Play basketball for ? minutes	Run 9 minute miles for ? minutes
5-inch carrot - 21 calories	15	11	5	4	3	3	2	2	2
1/2 pint of milk - 150 calories	107	79	36	29	21	18	17	17	12
20 french fries - 233 calories	166	123	55	45	33	28	27	26	19
Cheeseburger - 307 calories	219	162	73	59	43	37	36	34	25
1/4 of a 14" pizza - 354 calories	253	186	84	68	50	43	41	39	28
Chicken dinner - 643 calories	459	338	153	124	91	77	75	71	51
Calories/min	1.4	1.9	4.2	5.2	7.1	8.3	8.6	9	12.5

## Nutrients

**Carbohydrates** – provide energy for short-term exercise and for the central nervous system, including your brain.

**Fiber** – aids in digestion, helps to keep your digestive system healthy and free of toxins.

**Fat** – carries vitamins A, D, E, and K to the cells in your body. A good source of energy but too much saturated fat is not good because it can lead to excess fat around the heart and lungs making them work harder than necessary.

**Calcium** – gives strength to bones and teeth, aids in blood clotting, nerve transmission, and muscle contraction and relaxation.

**Protein** – helps to grow cells. Part of every cell, produces antibodies, which helps to build and repair tissue. It can also be a supply of energy.

**Iron** – carries oxygen in the blood to all parts of the body and helps to convert glucose to energy.

**Thiamin** – aids in the regulation of normal digestion and the conversion of carbohydrates into energy. It also helps to keep the nervous system working properly.

**Vitamin A** – fights infection, helps with seeing in the dark, and aids in developing healthy skin.

**Vitamin C** – aids in the healing process and fights infection.

**Niacin** – aids in keeping skin healthy, regulates normal appetite and digestion, and helps to convert carbohydrates into energy.

**Riboflavin** – helps to keep vision clear and aids in the development of healthy skin. It also converts carbohydrates to energy.

*The food groups provide your body with the necessary nutrients that are listed.*

*The milk group gives you calcium, the vegetable group gives you vitamins A and C, the fruit group also provides vitamins A and C, the meat group provides protein and iron, and the grain group gives you carbohydrates*

## Teacher's Edition

### How to Receive Certificates

The Governor's Fitness Award is designed to be flexible in different environments and for different fitness levels. The purpose of the program is to set in motion the habits necessary to maintain a healthy lifestyle. The program will require a commitment to being active for nine weeks. A regular fitness program such as the one required for the Governor's Fitness Award program will significantly reduce health risks and improve quality of life.

Those whom complete the Governor's Fitness Award program will receive a Governor's Fitness Award certificate signed by Peyton Manning and Governor Mitch Daniels. Impress upon participants that the certificate is a reminder to use their newly acquired knowledge to stay healthy for a lifetime.

- To request certificates send an Excel spreadsheet to [help@inshape.in.gov](mailto:help@inshape.in.gov). Include the first and last names of those whom completed the program in a single column.
- The email must include a mailing address for the school.

### Guidelines to Qualify for the Governor's Fitness Award Certificates

The Governor's Council for Physical Fitness and Sports realizes that many different organizations participate in the fitness program other than the Governor's Fitness Award program. As long as the program meets the qualifications below, participants will be eligible to receive the Governor's Fitness Award certificate.

- The goal of the program must be to teach healthy habits and reinforce lessons through daily practice.
  - Exercise: Record daily activity: 2 aerobic, 2 strength exercises and 1 flexibility exercise
  - Nutrition: Meet USDA guidelines
  - Harmful substances: Sign abstinence pledge
- The program must last a minimum of 8 weeks and be administered at least once per week.
- The program may take place during any part of the year.
- Please submit your program to [help@inshape.IN.gov](mailto:help@inshape.IN.gov) one month prior to its start date. A Governor's Council staff member will evaluate whether it has met the above criteria.



# Application Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthday \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Sex \_\_\_\_\_ Grade \_\_\_\_\_

## Release, Hold Harmless, and Indemnification

I (We), \_\_\_\_\_, parent(s) or legal guardian(s) of \_\_\_\_\_, do hereby affirm my (our) understanding that because the Governor's Fitness Award Program is solely within the control of myself (ourselves) and my (our) child, the Governor of Indiana, State of Indiana, Indiana Governor's Council for Physical Fitness and Sports, and its employees, are disclaimed from any liability from and against any and all expenses, damages, judgments, liabilities, and costs whatever (including attorney's fees) arising out of or in anyway connected with the Governor's Fitness Awards Program. I ( We) further agree to indemnify and hold harmless, the Governor of Indiana, the State of Indiana, Indiana Governor's Council for Physical Fitness and Sports, and its employees, from and against any and all claims made or brought by or on behalf of my (our) child arising out of his or her participation in the program.

Signature of parent or guardian

Date

<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day  1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens  Eat more orange vegetables like carrots and sweetpotatoes  Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Eat a variety of fruit  Choose fresh, frozen, canned, or dried fruit  Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, and other milk products  If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry  Bake it, broil it, or grill it  Vary your protein routine – choose more fish, beans, peas, nuts, and seeds
<b>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</b>	<b>Eat 2 1/2 cups every day</b>	<b>Eat 2 cups every day</b>	<b>Get 3 cups every day; for kids aged 2 to 8, it's 2</b>	<b>Eat 5 1/2 oz. every day</b>
<b>Find your balance between food and physical activity</b> <ul style="list-style-type: none"> <li>Be sure to stay within your daily calorie needs.</li> <li>Be physically active for at least 30 minutes most days of the week.</li> <li>About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> <li>For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.</li> <li>Children and teenagers should be physically active for 60 minutes every day, or most days.</li> </ul>				
<b>Know the limits on fats, sugars, and salt (sodium)</b> <ul style="list-style-type: none"> <li>Make most of your fat sources from fish, nuts, and vegetable oils.</li> <li>Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.</li> <li>Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.</li> <li>Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</li> </ul>				



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Center for Nutrition Policy and Promotion  
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## Exercise Descriptions

The following exercises should be performed only with the proper equipment and in a safe and responsible manner. You should receive a physical examination from a licensed physician prior to participation in this program.

### Running

(Please note distances for various age groups)

**Equipment needed:** A timing device and a measured course marked off with the appropriate distance.

**Description:** The necessary distance is to be covered as rapidly as possible. It is permissible to walk if necessary. Distances by age for males and females are as follows: age 6-7,  $\frac{1}{4}$  mile; age 8-9,  $\frac{1}{2}$  mile; age 10-11,  $\frac{3}{4}$  mile; and ages 12-17, 1 mile. The recording format is distance covered in minutes and seconds.

### Sprints

**Equipment needed:** A timing device and a measured course marked off with the appropriate distance.

**Description:** The necessary distance is to be covered as rapidly as possible. Distances by age for males and females are as follows: age 6-12, 50 yards; age 13-17, 100 yards. The recording format is distance covered in seconds.

### Swimming

**Equipment needed:** Appropriate swimming attire, a swimming pool under the supervision of a person trained in lifesaving techniques, and a timing device.

**Description:** Measure off a distance appropriate to your ability and complete it as rapidly as possible using a stroke of your choice. The recording format is distance covered in minutes and seconds.

## Cycling

*Equipment needed:* A properly maintained bicycle, a safety helmet, and a timing device.

*Description:* Measure off a distance appropriate to your ability in an area free from pedestrian and dangerous vehicular traffic. Bicycle this distance in a safe and responsible manner and record your time. The recording format is distance traveled in minutes and seconds.

## Bent-knee Sit-ups

*Equipment needed:* A mat or soft surface and a timing device.

*Description:* Lie on your back with your arms crossed on your chest, your knees bent and your feet together and flat on the floor. Another person can hold your ankles for stability. When you begin, curl up to a sitting position until your forearms touch your thighs, then return to the starting position. This is one complete sit-up. Resting is permitted. The time limit is one minute and the recording format is the number of sit-ups done within that one minute.

## Pull-ups

*Equipment needed:* Horizontal bar or tree limb that allows the body to hang without touching the ground. While hanging, the feet should not be more than a foot from the ground.

*Description:* Grasp the bar with your palms facing either way. Do not swing your body. Pull your body up until your chin is raised above the bar, and then lower your bodies until your arms are fully extended. This is one complete pull-up. Resting and kicking of the legs for thrust are not permitted. The recording format is the number of pull-ups completed.

## Statement of Independence

Drugs, alcohol, and tobacco have ruined many lives. On countless occasions these substances have hurt families, schools, and communities. Because of the devastating effects that drugs, alcohol, and tobacco use can have on me, my family, and my community, I pledge the following:

- I will not engage in the use of any illegal drug.
- I will not engage in the illegal consumption of alcohol.
- I will not smoke cigarettes or use other tobacco products.
- I will support drug and alcohol abuse prevention efforts within my school and community.

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*Signature of Participant*

*Date*

## *Alcohol, Tobacco, and Other Drugs*

It is important that you do not accept drugs from people other than your doctor, parents, or others who have your parents' permission. There are drugs that your doctor will not give you because they are dangerous. Rather than make you feel better, these drugs will hurt you, your family, and others.

Signs of drug use include dramatic decline in grades and changes in behavior and personality. In addition to being harmful, some drugs are against the law. If you are caught with illegal drugs, you face arrest and commitment to a rehabilitation center, or juvenile delinquent center. Among state prison inmates who used drugs, about half began using them by age 15. It is estimated that 90 percent of drug dealers will be killed or will end up in jail. Drugs are associated with 69 percent of drowning, 62 percent of assaults, 52 percent of child abuses, 68 percent of manslaughter charges, and 49 percent of murders.

Americans pay more than \$33 million each year because people are unable to work due to drug abuse. One third of all teenagers have problems related to their alcohol abuse. A few of these harmful drugs are listed below.

**Tobacco** – Very addictive and produced in cigarettes, cigars, and chewing form. Cigarette smoke contains some 4,000 chemicals, most of which are known to cause cancer. Lung cancer, heart disease, and emphysema are overwhelmingly more likely to occur among smokers than nonsmokers. For example, 75 percent of lung cancer deaths among women are attributed to cigarette smoking.

**Alcohol** – A mind-altering drug that depresses the central nervous system. It slows reactions, slurs speech, and can cause unconsciousness. The leading single cause of death among 15-24 year olds is drunk driving. Alcohol abuse can also lead to damage to the brain, pancreas, kidneys, liver, and heart. Many health problems are related to alcohol abuse.

**Cocaine** – A substance that stimulates the central nervous system and produces an accelerated heart rate while at the same time constricting the blood vessels which try to handle the additional flow of blood. Pupils dilate and temperature and blood pressure rise. These physical changes may be accompanied by seizures, cardiac arrest, respiratory arrest or stroke. Nasal problems, including congestions and runny nose occur with the use of cocaine. With prolonged use, the nose's mucous membrane may disintegrate.

**Crack Cocaine** – A derivation of cocaine that is smoked and can cause cardiac arrest or respiratory failure. Crack is extremely addictive and has become a major problem because it is inexpensive and easily transportable.

**Marijuana** – A mind altering drug that impairs memory function, distorts perception, hampers judgment, and diminishes motor skills. Chronic marijuana use causes brain damage and changes in the brain similar to those that occur during aging. Other effects are accelerated heart rate and increased blood pressure.

**Heroin** – An illegal opiate drug that causes physical and psychological problems such as shallow breathing, nausea, panic, insomnia, and a need for increasingly higher doses of the drug. Primarily taken by injection into a vein, uncertain dosage levels and the use of dirty needles can cause serum hepatitis, skin inflammation and cardiac disease. Of all illegal drugs, heroin is responsible for the greatest number of deaths, usually because of overdoses.

## **Flexed Arm Hang**

**Equipment needed:** Horizontal bar adjusted to the height of a standing reach and timing device.

**Description:** Grasp the bar with you palms facing your body. Position your body so that your chin is above the bar and your elbows are fully flexed. Timing begins when the position is assumed and timing ends when the chin touches or falls below the bar. The recording format is hang time in seconds and tenths.

## **Standing Long Jump**

**Equipment needed:** Measuring tape.

**Description:** Both feet must be placed with the toes at the takeoff line and leave the ground simultaneously. Record the best of three trials measured from takeoff line to the nearest point coming in contact with any part of the body. The recording format is distance in feet and inches.

## **Sit and Reach**

**Equipment needed:** A measuring tape secured to the floor.

**Description:** Sit near the start of the tape with your legs straight and your heels about a foot apart and even with the tape's 15-inch mark. Place your palms facing down and overlapping the tape. Slide your hands as far down the tape as possible without bending your knees. Do this three times. The recording format is the farthest point on the tape to the nearest inch touched by your fingertips during any of the three trials.

## **Jump Rope**

**Equipment needed:** A jump rope and a timing device.

**Description:** Count the number of jumps you can do in a set amount of time that is within your capability. The recording format is the number of jumps and the time interval.

### Other Healthy Activities

Participation in moderate physical activity can create positive changes to your physical and mental health. There are many ways to be physically active. Everyone can find moderate physical activity in a number of places around his or her home, school, or neighborhood. Participate in activities that you enjoy and that fit into your daily life. Please select several of the following activities and do them on your own. You will improve your health and help your parents, teachers, and neighbors.

- Do housework for 30-45 minutes. Help Mom and Dad keep your home and room clean. Pick up your stuff!
- Work in the yard for 30-45 minutes. Help mom and Dad keep the yard looking nice. Help your teachers keep the school looking nice.
- Play basketball or shoot baskets for 30-45 minutes. Have fun, be active, keep your eye on the ball, and always be a good sport.
- Walk two miles in 30 minutes. Encourage everyone in your family to take walks together. Take your dog. He or she needs exercise, too!
- Swim laps for 20 minutes. Never swim alone! Make sure you have proper supervision.
- Bicycle for 30-45 minutes. Always wear a helmet. This is another great activity for the whole family.
- Fast dance for 30-45 minutes. Listen to your favorite music and have a great time!
- Climb stairs for 15 minutes. Take the stairs whenever you can. Do not always rely on the elevator.
- Shovel snow for 15-30 minutes. Help your neighbors who are not able to shovel their own sidewalks and driveways.

## Exercise Record

Aerobic Exercises (Choose 2)									
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Goal
Running									
Sprints									
Swimming									
Cycling									
Jump Rope									
Other_____									
Other_____									
Muscular Strength and Endurance (Choose 3)									
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Goal
Bent-Knee Sit-ups									
Flexed Arm Hang									
Standing Long Jump									
Other_____									
Other_____									
Other_____									
Flexibility (Choose 1)									
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Goal
Sit and Reach									
Other_____									